



## North Andover Senior Newsletter

### **Summer Edition:**

**July, August, September 2016**

North Andover Senior Center  
120R Main St.  
North Andover, MA 01845  
978-688-9560

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### **Council on Aging Mission**

Our Mission is to advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.



**Senior Center  
Holiday Closings:  
July 4 & Sept 5**

### **From the Director's Desk**

I truly believe that all relationships that we have in our lives are meant to teach us a life lesson. Some of those relationships stay with us for years, others touch our hearts in a fleeting moment and others leave us feeling empty as they walk out the door.

Here at the Senior Center farewells are as much a part of our lives as hellos. That does not make saying "so long" any easier. After fourteen amazing years with the North Andover Senior Center, Donna



Delaney or DD as she sometimes is referred, will be leaving us on June 30, to start the next chapter in her life as an official baby boomer retiree.

Donna's creativity, enthusiasm and passionate commitment to the seniors in North Andover cannot be minimized. From the original 25 hours a week to what has become a full time position as Outreach Manager and Assistant Director, Donna has been an innovator in getting several programs off the ground; TRIAD, Brown Bag, Outreach, Flu and Blood Pressure Clinics, the Friendly visitor and Telephone Reassurance Program and most notably The Early Stage Alzheimer's Caregivers and their Partners Support Group. Donna has established liaisons and collaborations with the Board of Health, the North Andover Police and Fire Departments, the North Andover Housing Authority and Elder Services of Merrimack Valley. The community as a whole has benefited from Donna's direction and her ability to strengthen the gaps in identifying the needs of the older adult population.

*Thank you for all that you have done! Wishing you all the best!*

*Irene M. O'Brien*

## **COA Board of Directors**

*Board Meeting: 2nd Tuesday of the  
Month @ 10 AM at Senior Center*

Joseph Sergi, Chairman  
Patricia Long, Vice Chairman  
Dorothy Consiglio, Treasurer  
William Callahan, Secretary  
Priscilla Cole  
Elizabeth Poirier  
John Graham  
Maria Rosati  
Margaret Shaheen  
Peter Aziz  
John Gilboard

## **Senior Center Staff**

Irene M. O'Brien, Director  
Donna Delaney, Outreach Manager &  
Assistant Director  
Cahla Ahlstrom, Program Coordinator  
Paula Crudale, Administrative Secretary  
Joanne McCay, Outreach Assistant  
Lya Morse, Office Assistant  
Jaime Phelan, Receptionist  
Karen Talbott, Receptionist  
Judith Lalmond & Maryann Ramsey,  
Nutrition  
Gloria Philbrick, Kitchen Volunteer  
Coordinator  
John Conlon, Custodian  
Jose Morel, Van Driver

## **HOURS OF OPERATION**

**Monday, Wednesday, Thursday:**

**8:00AM to 4:30PM**

**Tuesday:**

**8:00AM to 6:00PM**

**Friday:**

**8:00AM to 4:00PM**



## **INCLEMENT WEATHER POLICY**



When schools in North Andover are canceled, classes and programs will not be held. This also applies to other emergencies, such as floods, hurricanes, etc. Tune in to TV or radio for the announcement of closings.

Meals at the Center & "Meals on Wheels" are provided by the Elder Services of Merrimack Valley. Occasionally, they can announce a closing apart from the North Andover School System. So if they announce a closing, there will be no meals served that day. However, the Center will remain open.

**FOUR SEASONS** is published by the Senior Center, 120R Main Street, North Andover with the help, support and contributions of many of our seniors and patrons. Articles are published on a space available basis and can be submitted to the Center's address.

**What Programs and Classes are you  
joining this summer?  
Check out the list and  
call to schedule your visit!**

## **CARD GAMES**

**Bridge -**

**Bridge Refresher**

**Cards -** 45's, Nickel, Poker (nickel and dime, dealer's choice), Canasta

## **EXERCISE**

**Combo Exercise Class**

**Joy of Exercise**

**Tai Chi & Chi Gong**

**Walking Group**

**Yoga**

**Zumba Basic & Fitness**

**Zumba Gold**

## **GAMES**

**Bingo**

**Bowling**

**Chess**

**Mahjong**

**Scrabble**



## **CRAFTS/DIY CLASSES**

**Art Class**

**Cuddles**

**Knitting and Crocheting**

**Quilting**

**Woodcarving**

## **PROGRAMS/CLASSES**

**Book Club**

**Computer Lab**

**Computer Training (Individual)**

**Heart to Heart**

**Lecture Series**

**Men's Breakfast**

**Mr. Fix It**

**News and Views**

**TRIAD**

# Business News

In publishing the Newsletter three months in advance we put forth our best efforts to schedule dates and times for programs and events. Occasionally because of changes in schedule and availability, the time or date of events may have to be changed. We encourage you to always confirm with the Senior Center the date and time of a special trip, activity, program and transportation pick up 24 hours before scheduled time.

A Monthly Activity List is available at the Reception Desk and on line at the Senior Center Web page with highlighted changes to any advertised program and trip. Also, no refunds are allowed on scheduled trips.



The Senior Center is providing important information about future functions and programs in the *Town News* section on the Town's Website

home page at

[www.townofnorthandover.com](http://www.townofnorthandover.com).

You must Subscribe to receive these notices in your email.

Follow the link on the Town's Home page which is on the left side titled Subscribe to News. Fill in your name, email address, check News and Announcements and choose Send My Request. You will receive all *Town News* Announcements by email.

## Summer Events



### Senior BBQ!

Saturday, July 30th

Time: 4PM

Where? St. Paul's Episcopal

Time to get together with our friends and neighbors at this wonderful senior community event.

### DAY TRIP being planned!

Where: Wentworth by the Sea

When: In August

Transportation available for \$6.

Lunch on your own at Latitudes!

### DAY TRIPS on Fridays!

**7/8- Peabody Essex Museum**

**7/29- Towerhill**

**8/12- Garden in the Woods**

Transportation available for \$6.

Lunch on your own.

### NEWS Announcement!



For the inaugural year (2016) only, applications to the North Andover Elderly and Disabled Tax Aid Fund will be accepted until September 30, 2016 for a decision on

November 15, 2016.

Please pick up an application at the senior center and submit to:

Treasurer's Office

Town of North Andover

120 Main Street

North Andover, MA 01845

### ASSISTANCE PROGRAM

**SHINE Program: Appointments are available once a month from 11-2 p.m. Call Center for next available date in the FALL.**



## Red Sox Luncheon Fun!



## Tuesday Night

### Dinner Buffet Sponsors!

July 19- The Meadows; Ticket sales begin July 7.

August 16- Bayberry; Ticket sales begin August 4.

September 20- Brightview; Ticket sales begin Sept 8.

Buy your ticket on sign-up day as we sell out FAST!

### Walking Group

Meets every Monday through Friday from 9-10 a.m. at the Ol' Common Center. **Athletic shoes are required.**



### Dining

#### **Senior Dining @ The Senior Center**

Every weekday @ 11:45 AM. Menus available; call the Senior Center. Reserve a meal by calling 978-686-1422 at least 2 days prior to coming. \$2.00 is requested.



#### **Meals on Wheels -**

Homebound seniors only. Monday through Friday. Call 978-686-9560 for more information.

### **WELLNESS PROGRAMS**

**Please make Wellness appointments with the Reception @ 978-688-9560**

**Senior Walk in Clinic** - The North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic every **Wednesday from 9:30 AM until 11:30.**

**Massage Therapist: Antonio Chong** will be available for 15 or 30 Minute Chair Massage Sessions @ the North Andover Senior Center! **Appointments available every 2nd Friday of the Month from 9 AM until Noon.**

**Foot Care Specialist (Catherine)** - This Clinic is held on the 1st & 3rd Friday of each month by appointments from 9-3 PM. Nails are clipped, filed and followed by a foot massage. The cost is \$30 for a 30 minute session.

### **ASSISTANCE PROGRAM**

#### **Legal Assistance -**

Innovative Legal Solutions, Estate Planning, Health Care Proxy, Power of Attorney, Family Law Issues and Employment Issues. Call for a free consultation appointment with an Elder Law attorney.

**A special Thank You to the Middleton Jail for printing this Newsletter**



# LECTURES

10:00 - 11:30 AM

A \$1.00 Suggested Donation is appreciated



What's Coming up in July?	Coming up in August	How about September?
July 4th- <b>CENTER CLOSED- Independence Day</b>	Aug 1- Fire Chief McCarthy	Sep 5- <b>CENTER CLOSED- Labor Day</b>
July 11th- Bob Stackelbeck from Quest International	Aug 8- Cathy Darby- Human Resources Director	Sep 12- TBD- Please look for our FALL flyer
July 18th- Bob Cuomo Economics Professor	Aug 15- Dr. Mukherjee- Cardiologist	Sep 19- TBD
July 25th- Fredrick's Pastries	Aug 22- Lya Morse- Let's Use Tech!	Sep 26- TBD
	Aug 29- Police Chief Grey	

## Who's on Summer Break?

### Classes/Programs

- **Art Class** will resume in last week of July
- **ZUMBA GOLD** will resume in the Fall.
- **Men's Breakfast** will resume on the second Thursday of the month.

Starting in September.

### Meetings

- **TRIAD** will resume in September.
- **North Andover COA Board** meeting will resume in the fall.

## Senior Center Van Shuttle

Monday, Wednesday, Thursday & Friday unless a trip is scheduled. Pick up in front of your home (8:15-8:30) and bring you to Senior Center for program or class; return home after lunch (12:15). NO EXCEPTIONS. Call Center for reservation - Cost: \$2 round trip.

## NEET Medical Transport -

Doctor & Therapy appointments. One week advance notice required. Call Paula to make your appointment at 978-688-9560 \$.46 per mile.



# July



## On Going Weekly Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 4:30-5:30 Zumba Toning	9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 12:30 -3 Bingo 1-3 Chess 5-6 Zumba Fitness/Pound	9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 4:30-5:30 Zumba Fitness	9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 5-6 Zumba Fitness (Masterclass)	10-12 Cuddles 1-3 Bridge 10-12 45's

Mon	Tue	Wed	Thu	Fri
		<b>Walking Group</b> Meets Monday thru Friday from 9-10 AM at the Ol' Common Center.	<b><u>Athletic shoes are required .</u></b>	<b>1</b> Foot Care: 9-3 PM  Book Club A- 10:30 AM Quilting 10-12pm
<b>4</b>  <b>HOLIDAY- Senior Center Closed – Independence Day</b>	<b>5</b>	<b>6</b> <i>Fresh Table @ Noon</i>	<b>7</b> 12-3 Fix It Shop	<b>8</b> Massage Therapist: 9-12
<b>11</b>	<b>12</b> Attorney Bahrawy 11:30-1 PM	<b>13</b> <i>Fresh Table @ Noon</i>	<b>14</b>	<b>15</b> Book Club B- 10:00 AM Quilting 10-12pm Foot Care: 9-3 PM
<b>18</b>	<b>19</b> Tuesday Night Dinner Buffet @ 4 PM	<b>20</b> <i>Fresh Table @ Noon</i>	<b>21</b> SUPPER CLUB NIGHT 12-3 Fix It Shop	<b>22</b>
<b>25</b> 12:30-3:30 PM Rockingham Mall Trip 	<b>26</b> Attorney Murray 10-12 PM	<b>27</b> <i>Fresh Table @ Noon</i>	<b>28</b>	<b>29</b>



# Exciting Happenings in our Senior Center!

## Spring 4th Graders Pizza Party



## Lecture Series fills up fast!



Remember– Our Giving Trees are YEAR ROUND Trees! You can always come into the Center and Donate for the BABIES or the HOMEBOUND SENIORS!

## Learning about Drones!



## Celebration of Women's Luncheon



- |                      |                     |
|----------------------|---------------------|
| ◇ Onesies            | * Gift Cards: CVS - |
| ◇ Socks              | or-Market Basket    |
| ◇ Cotton Mittens     | * Batteries         |
| ◇ Cotton Caps        | * Mini Flashlights  |
| ◇ Swaddling Blankets | * Postage Stamps    |
| ◇ Bibs               | * Pens              |
| ◇ Drawstring Night-  | * Sugarless Candy   |
| ies                  |                     |
| ◇ Burping Clothes    |                     |
| ◇ Pacifiers          |                     |

## On Going Weekly Programs

### Every Monday

9-10 Yoga  
10-11 Combo Class  
10-11:30 Lectures  
1-3 Cards (canasta, poker)  
1-3:30 Bridge  
4:30-5:30 Zumba Toning

### Every Tuesday

9-10 Tai Chi  
9-12 Computer Training  
9:30-11:30 Knitting  
12:30 -3 Bingo  
1-3 Chess  
5-6 Zumba Fitness/Pound

### Every Wednesday

9-12 Walk-in Clinic  
10-11:30 Heart to Heart  
10-11:30 News & Views  
1-3 - Bridge Refresher  
4:30-5:30 Zumba Fitness

### Every Thursday

9-11:45 Woodcarving  
9-12 Computer Training  
10-11 Joy of Exercise  
1-3 Cards (poker, canasta)  
5-6 Zumba Fitness (Masterclass)

### Every Friday

10-12 Cuddles  
1-3 Bridge  
10-12 45's



# August



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**1**

**2**

**3**

*Fresh Table @ Noon*

**4**

12-3 Fix It Shop

**5**

Book Club A-  
10:30 AM  
Quilting 10 AM  
Foot Care: 9-3 PM

**8**

**9**

Attorney Bahrawy  
11:30-1 PM

**10**

*Fresh Table @ Noon*

**11**

**12**

Massage  
Therapist:  
9-12

**15**

**16**

*Tuesday Night  
Dinner Buffet  
@ 4 PM*

**17**

*Fresh Table @ Noon*

**18**

*SUPPER CLUB  
NIGHT*  
12-3 Fix It Shop

**19**

Foot Care: 9-3 PM  
  
Book Club B-  
10:00 AM  
  
Quilting 10-12:00 PM

**22**



12:30-3:30 PM  
Rockingham Mall  
Trip

**24**

Attorney Murray  
10-12 PM

**25**

*Fresh Table @ Noon*

**26**

**27**

**29**

**30**

**31**

*Fresh Table @ Noon*

### **Walking Group**

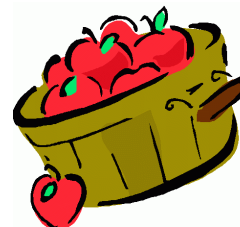
Meets Monday thru  
Friday from  
9-10 AM  
at the Ol' Common  
Center.

**Athletic shoes  
are required .**





# September



Mon	Tue	Wed	Thu	Fri
<b>Walking Group</b> Meets Monday thru Friday from 9-10 AM at the Ol' Common	<b><u>Athletic shoes are required .</u></b>		<b>1</b> 12-3 Fix It Shop	<b>2</b> Foot Care: 9-3 PM Book Club A- 10:30 AM Quilting 10-12pm
<b>5</b> <b>HOLIDAY- Senior Center Closed</b> – Labor Day	<b>6</b>	<b>7</b> <i>Fresh Table @ Noon</i>	<b>8</b> 9 AM Men's Breakfa 	<b>9</b> <i>Massage Therapist:</i> 9-12
<b>12</b>	<b>13</b> Attorney Bahrawy 11:30-1 PM  COA Board Meeting @10 AM	<b>14</b> <i>Fresh Table @ Noon</i>	<b>15</b> 12-3 Fix It Shop <b>SUPPER CLUB NIGHT</b>	<b>16</b> Foot Care: 9-3 PM  10 - Book Club B 10-12 Quilting
<b>19</b>	<b>20</b> TRIAD Meeting- 11AM <i>Tuesday Night Dinner Buffet @ 4</i>	<b>21</b> <i>Fresh Table @ Noon</i>	<b>22</b>	<b>23</b>
<b>26</b> 12:30-3:30 PM Rockingham Mall Trip 	<b>27</b> Attorney Murray 10-12 PM	<b>28</b> <i>Fresh Table @ Noon</i> <b>Friends Meeting @ 4PM</b>	<b>29</b>	<b>30</b>
On Going Weekly Programs				
<b>Every Monday</b> 9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 4:30-5:30 Zumba Toning	<b>Every Tuesday</b> 9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 12:30 -3 Bingo 1-3 Chess 5-6 Zumba Fitness/Pound	<b>Every Wednesday</b> 9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 4:30-5:30 Zumba Fitness	<b>Every Thursday</b> 9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 5-6 Zumba Fitness (Masterclass)	<b>Every Friday</b> 10-12 Cuddles 1-3 Bridge 10-12 45's

## OUTREACH PROGRAMS



<b>TRIAD</b>	3rd Tuesday of month, 11 AM <i>Seniors Get Involved in Your Community</i>	Partnership involving Law Enforcement, District Attorney and Council on Aging.
<b>Scholarship for Seniors</b>	For Seniors who need help paying their class fees at the Center.	Call Outreach at the Center to apply for this program. All requests remain confidential.
<b>Emergency Fund for Seniors</b>	Friends Program of up to \$200 per year for <u>emergency</u> help with utilities, food, etc.	Call Outreach at Senior Center for eligibility at 978-688-9560.
<b>Brown Bag Program</b>	1st Tuesday of month 11:30 AM - 12:30 Pm	Call Outreach at the Center to apply for this program.
<b>Outreach Clinics</b> <i>(B-12 shot available w/ doctor's order and B-12 vial)</i>	Morkeski Meadows - July 14th & September 8	Our Public Health Nurse will check your blood pressure and blood glucose level. Our Outreach Manager will be available during the clinic hours. <i>A donation is requested.</i>
<b>Newcomer's Packet</b>	Drop in to the Center to receive yours. <i>A guide to Community Senior Services</i>	Ask for the Outreach Manager to assist you.
<b>Alzheimer's Support Groups</b>	3rd Tuesday of the month	For more information and to book an appointment, please call Outreach at 978-688-9560.

### EARLY STAGE ALZHEIMER'S SUPPORT GROUPS

This program aims to give information and support to people with a diagnosis of Alzheimer's Disease or a related dementia and their care partners. Two distinct groups meet with trained leaders once a month to discuss how the disease affects them and their family and we share information on how to deal with the disorder. This program focuses on people that are considered "early stage". Another series is scheduled for September and those who are interested should call (978-688-9560) to get more information and to schedule a screening.

### VOLUNTEER OPPORTUNITIES

The North Andover Senior Center is looking for Volunteers to visit lonely, home-bound seniors living in North Andover. Volunteers are asked to visit at least one hour a week and call a few times a week to chat and keep them in touch with the outside world. Learn a hobby, teach a hobby and make a friend. For more information please call the Outreach Assistant, Joanne McCay at 978-688-9560



### MEMORIALS

*Thank You*



# RENEW or JOIN TODAY!

The Friends of North Andover Senior Center are reaching out to you for your support.

**Your contribution allows us to maintain programs at your North Andover Senior Center such as:**

- ♦ Discount MVRTA Tickets
- ♦ Newsletter Mailings
- ♦ Emergency Utility Support
- ♦ Grocery Gift Card Assistance
- ♦ Leased Copy Machine
- ♦ Socials and Events
- ♦ Class Scholarship Fund

**Mailing a check? Send it to:**

**Friends of the North Andover Senior Center, Inc.**

**P.O. Box 661**

**North Andover, MA 01845**

**Please make selections below and provide your contact information:**

*Without donations many of the services offered by the Senior Center would not be possible.  
Your support is greatly appreciated! The Friends of the North Andover Senior Center, Inc. is a 501(c)3 organization.*

**Make checks payable to: Friends of the North Andover Senior Center, Inc.**

<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00	<input type="checkbox"/> OTHER
----------------------------------	----------------------------------	----------------------------------	--------------------------------

Would you like to remain on the membership list?

☐ YES, Keep Me on the Membership List

☐ NO, Remove Me from the Membership List

Date:	
Name:	
Address:	
City, State ZIP	
Email	



**North Andover Council on Aging**  
120R Main Street  
North Andover, MA 01845  
  
Phone: 978-688-9560  
Fax: 978-688-9563  
  
Website: [www.townofnorthandover.com](http://www.townofnorthandover.com)

The mailing of this newsletter is made possible through your donations to the Friends of the North Andover Senior Center

Presorted Standard  
U. S. Postage  
**PAID**  
No. Andover, MA 01845  
Permit No.191

# SUMMER <sup>®</sup> @ THE CENTER

Classes Start July 11th!

North Andover Senior Center \* 120R Main Street  
North Andover, MA 01845 \* 978-688-9560

**MONDAY**



INSTRUCTOR: MARY RUSSO  
**4:30PM - 5:30PM**

**NEW!**

**TUESDAY**



\*1/2 Zumba® and 1/2 Pound Class\*  
INSTRUCTOR: MARY RUSSO  
**5:00PM - 6:00PM**

**WEDNESDAY**



INSTRUCTOR: TALLIE ABERNATHY  
**4:30PM - 5:30PM**

**NEW!**

**THURSDAY**



\*with Special Guest Instructors each week\*  
INSTRUCTOR: TALLIE ABERNATHY  
**5:00PM - 6:00PM**

**\*ALL WELCOME \***

**First Class is FREE!**

**WALK-IN Rate \$6 per Class**

**10 CLASS PUNCH CARD \$45 (you save \$15)**  
**20 CLASS PUNCH CARD \$80 (you save \$40)**

**\*ALL Class Punch Cards Can be used for ALL Classes listed above\***

**NO CLASSES**

Thursday June 30th thru Sunday July 10th  
Saturday August 27th thru Sunday September 11th

Please join in on our FUN "Special Events" & "Road Trips" ALL Summer Long by checking and "liking" the facebook page: Zumba Dance with Tallie

Questions? Please contact Tallie Abernathy at [zumbadancewithtallie@gmail.com](mailto:zumbadancewithtallie@gmail.com) or 978-886-1204